

# LAMBDA

Laurentian University's Student Newspaper  
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NOTHING IS BETTER  
THAN HAPPINESS...  
BUT A HAM SANDWICH IS  
BETTER THAN NOTHING.

-Fortune Cookie

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# Food Steps for Students

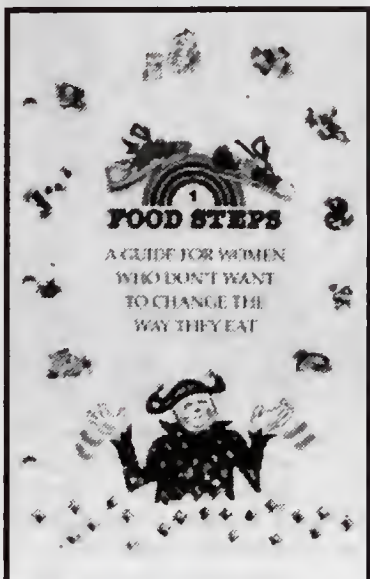
by Ryan Gibbs  
Assistant News Editor

Laurentian's Health Services has launched its promotion of a newly-revised eating guide, called *Food Steps*, for students who wish to maintain their New Year's resolutions to develop better eating habits. The program is based on the studies of Dr. James Prochaska, who found that people go through several stages before they finally change their behaviour. These stages are similar to steps taken by people who wish to stop smoking or drinking.

*Food Steps* is divided into four stages: not thinking about changing eating habits, considering changing these habits, wanting to reduce fat, and wanting to keep a low-fat lifestyle. At every stage, participants are asked to complete a health questionnaire to determine their personal success and the success of the program.

The first of four guides simply introduces the program. It affirms, "We know you *don't* want to change your eating habits, and we *don't* expect you to. We are not trying to get you to change how you eat. We only want you to *take some time to think* about it." Instead, its goal is to provide information on healthy eating and to raise awareness of personal eating habits.

It also defines the phrase "healthy eating" as a combination of choice, balance, and moderation. Choice encourages people to eat a variety of foods, balance prevents



overeating or undereating in favour of regular meals and snacks, and moderation promotes choosing foods with less fat.

The guide does point out some benefits of a healthy lifestyle. It claims, "If you ate better, you would have better health and more energy. You would also be able to reach a healthy weight and stay there — without dieting."

According to the guide, good eating habits can reduce the risk of heart disease, cancer, high blood pressure, osteoporosis, obesity, and diabetes. Men are at a higher risk of heart disease than women, but it remains the number one cause of death among women.

If after reading the first guide,

one is prepared to consider changing the way he/she eats, then the second booklet will help to explain why changes should be made. It provides a "Pros and Cons of Healthy Eating" activity and a "Heart Health Quiz".

A 1990 Ontario Health Survey found that one-third of women aged 20-64 were overweight and of these, 22% were obese. The same survey found that half the men of the same age were overweight. Men should cut out 25 grams of fat a day; women should cut out 15 grams.

Once a person is prepared to make changes to his/her lifestyle, he/she should read the third and fourth booklets, which offer assistance in reducing the amount of fat intake and keeping it low. The program recommends gradual change and the establishment of a support network in reaching these goals.

The guides also provide activities on reading nutrition labels, keeping a food record, and fat-cutting. As well, they provide hints on increasing physical activity, dealing with temptations, and relieving stress. This incremental approach to better health is considered more helpful in reaching long-term goals in lifestyle changes.

Laurentian's Health Services has set up an information booth on the new program and general nutrition this month outside the Great Hall. They will be available Monday, January 29th and Thursday, February 1st from 10:00 am to 3:00 pm.

## Basketball Vees Battle Up and Down in Quebec

by Jason Stevenson  
Acting Sports Editor

### Men's Voyageur Basketball

The Voyageurs Men's Basketball team was in Montreal this past Friday, with hopes of taking one from the Redmen. Unfortunately for the Voyageurs, the now 7-3 McGill Redmen were not about to let that happen. The Redmen were out in front by the end of the first half and led the Voyageurs 45-34 at the break. The Voyageurs came out strong in the second half and outscored McGill 51-46, but the Redmen lead was too much. McGill capitalized on the Voyageurs 22 turnovers, turning them into 21 points, and the win, 91-85.

High scorers for Laurentian were Clifton Edwards with 25 points including 5 for 8 from the 3-point line, Jermaine Pendley who added 21 points and 3 rebounds, Jim Jefferson scoring 21 points and 7 boards, and Leon Sutton who had another strong defensive effort with 8 rebounds and 11 points.

Top scorer for the McGill Redmen was Domenico Marcario with 31 points, 4 rebounds and 4 assists.

The Voyageurs attempted to reclaim .500 status when they faced the Concordia Stingers Saturday, January 20, 2001. Unfortunately, the Voyageurs were defeated one again by the Concordia Stingers 71-68.

Concordia led at the half 38-34 and the Voyageurs were unable to close the gap completely, despite outscoring the Stingers 34-33 in the second half.

Leading scorers for the Voyageurs were Dwayne Burton with 16 points and 2 rebounds, including perfect from the free-throw line. Jermaine Pendley turned in a strong performance with 15 points, 9 rebounds and 3 assists and Jim Jefferson was solid with 15 points, 5 rebounds and 3 assists.

High scorer for the Concordia Stingers was Gavin Musgrave who had 20 points, 7 rebounds and 4 assists to lead his team to victory and leave the Voyageurs with a 5 and 7 record.

### Lady Vees Basketball

The Lady Vees were in Montreal as well, to face the McGill Martlets and defeated them by a score of 86-71. The Lady Vees dominated from the start, ahead by a score of 44-36 at the half, determined to keep their winning streak alive. Laurentian continued to manage the Martlets in the second half providing what Vees coach, John Campbell explained as "a very good team effort that allowed us to handle the Martlet's pressure". The Lady Vees supplied balanced scoring as everyone got into the game in the absence of a still injured Clare Beatty.

Top scorers for Laurentian were Shauna Conway who contributed 24 points to the cause, including 10 for 14 shooting from the field and 3 for 5 from the 3-point line. Gillian Eccles was not far behind with a double-double effort, which included 22 points and 10 rebounds, earning her Player of the Game honours for Laurentian. Rookies Carolyn Plummer, 18 points and 3 rebounds and Tierney Hoo, 12 points and 7 rebounds also had strong performances.

On Saturday afternoon in Montreal once again, the Lady Vees defeated the Concordia Stingers on their home court 68-60, extending their perfect record to 11-0. Laurentian led the Stingers 45-41 at the half and Concordia was not able to make up the difference in the second half as the Lady Vees outscored them once again 23-19 for a tally at the buzzer of 68-60. Leading scorer for Laurentian was Shauna Conway who continues to dominate with her strong and accurate shooting. Conway scored 28 points and added 8 boards in this winning effort. Carolyn Plummer had 12 points and 5 rebounds and Tierney Hoo scored 12 points and 4 rebounds. The high scorer for Concordia was Rosie Douglas with 14 points and 2 assists.

The Lady Vees will host Ryerson and Toronto January 26 and 27 at 6 and 8 pm.

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## Body Jewelry

When it comes to getting piercing, some extra thought needs to not only be placed into deciding the location of the piercing itself, but also the type of jewelry you want used. Your piercing should, after all, be a form of self-expression, and different shapes and styles allows more opportunity for diversity when you get a piercing that might be quite common amongst your peers.

To start off, jewelry comes in many different types of metals and/or plastics. The most common, however, have always been the metal forms, but over the past year wearing thick fluorescent plastic rings have become a popular trend. Though they look cool, professionals do however state that excessive wear can cause irritation in their case. Also, when you arrive to get your piercing, they typically will not use these as the primary piece of jewelry while your piercing is undergoing its healing process.

What they do use is rings made of a variety of metals, with the selections including stainless steel, niobium/titanium, gold, and silver. All of these are in their pure form for the actual part that will be slipped through the piercing, though the decorative balls can be made out of plastics, or any of the before-mentioned metals.

Also worth taking into consideration is the size of your jewelry. Some people believe bigger is better, but what they fail to remember with metals is bigger means heavier. With a fresh piercing, during the healing period, you don't exactly want something heavy dragging it and pulling on the hole. However, once its had adequate time to heal up, there is no reason to hold yourself back if you feel like something a little more prominent.

Once having decided on the metal you want for your piercing, this leaves you to decide on the style that you want to accentuate it. The most common ones are found under three different categories: bars, captives, and fixed-bead rings.

Bars are pretty much as the name indicates. They consist of a bar of metal that come with two little balls, one on each end. Usually one is removable, where the other one is fixed, making for each removal and insertion. People who have jobs which frown upon facial piercing tend to lean towards these because of their easy use. But bars are not limited to a straight shape; they also come in a curved form, which is rather like a half-moon, as well as a circular shape that tends to make it resemble a horseshoe.

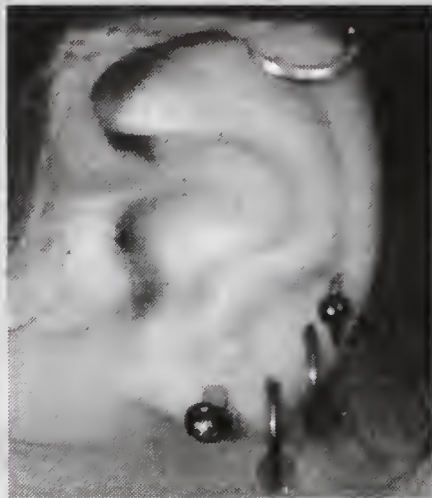
Bars are available in any of the metals mentioned before, with either metal balls, or even the plastic alternatives. Since the plastics are of a transparent form, it can make the piercing almost look invisible, unless viewed up close. Bar sizes usually range from about 1/4 inch to 4 inches, with sizes increasing by 1/16.

If you're at a piercing shop and decide to get any piercing, it's typically a captive that will be used. Bars and fixed rings aren't always considered the best option to use for a new piercing, but some professionals consider them okay in certain circumstances (i.e. tongue piercing). Captives are a ring, which has a gap in it in which a bead is put between the two ends and seals the rings with the application of pressure. Captives are hard to remove unless enough effort is put into it, which minimizes the risk of you losing the bead and/or the jewelry slipping out of the piercing. However once you remove the bead, odds are pretty strong that you won't be getting back in unless you return to a professional to have it re-applied.

Like bars, captives come in stainless steel, niobium/titanium, or gold, with the beads coming in a variety of colors and shapes, as can the rings themselves. Sizes range from 0 to 20 gauge with widths varying from 1/4 to 1 inch.

Fixed bead rings are just basic hoops with a bead on them that are applied in the same way as any other normal hoop earring would be used. There is a thinner metal wire that slips through the other side of the hoop, which makes for a rather simple application and removal. However with rings you have to be wary since they will catch more easily on objects than a bar would.

Fixed bead rings come in stainless steel and gold, which beads in different colors and sizes. As for the ring size they range from 10 to 20 gauge, with widths from 1/4 to 3/4 inches.



**WoW, look at this spectacularly decorated ear, it is truly amazing I tell you!**

by Sarah Hamelin  
Ass't Features Editor

I come from a rather undaring family. I can't really recall but one or two family members that have any tattoos, and none that have piercings anywhere aside from their ears. It may seem dull in a way, just as it may seem that they don't express themselves much. Perhaps, but my family really is anything but dull.

Now as for the youth, well that's a different matter. I suppose it really does have something to do with the different decades that we've grown up in. In my parents' time, being adventurous would have been a tattoo. Piercing your nose? Blasphemous! Outrageous! How dare they? But now? Well, body piercings have become an ever-growing trend that seems far from getting dull.

My first year in university was a normal year. You know, make friends, slack off on schoolwork, and have fun. Shortly after my birthday that year, a friend of mine expressed his interest in getting his tongue pierced. I thought it was kinda cool, so I decided to go along with him. We set the date for a Saturday, and as we got closer and closer to the day I began to seriously consider getting a piercing myself, but what? Finally, by Friday night I settled for a navel piercing. They're cute, some say sexy, and discreet. The only people that have to see them are those I choose to show it to, so it works great. Come Saturday afternoon I was a mess. Sure, I looked the perfect image of calm, but that was far from how I really felt. Making it worse, my friend let me go first.

The woman who did it was indeed very nice, and noticed I was nervous despite my best attempts. She talked to me while taking out the equipment, telling me every now and then not to look due to the intimidating nature of them, and quickly ran through how it went down. After cleansing the area and applying a numbing spray, she rather quickly slipped the needle in, then the ring, sealed it up, and voila! Before I could count to 20 and it was done, and it had barely hurt. Did it look as cool as I

## The First Time



thought it would? Indeed. Of course, 30 minutes later, when feeling returned to the area I had instantaneous regrets. But it passed, and over two years later I still love it.

Ever since I was fourteen, I have wanted a tattoo. My parents wouldn't let me get one however, so I had to wait. However, for my 20th birthday my dad and step-mom did the most amazing thing: inside a card they slipped some money with a note for me to go get my tattoo. I was flabbergasted, amazed, speechless, all those kind of adjectives. I already knew what tattoo I wanted (I had chosen it the previous year while waiting for the piercing), so a few days later I went and got it done, in the company of a friend. The man who was doing it was, just like the woman, extremely nice, and answered all questions I had before starting. I didn't really want the pastels, so I asked for brighter colors, like red, yellow, and blue. No problem he said. He applied the design to my back, asked if it was the right place, then moved it until I was happy with the location. I was a little nervous, but not that bad, that is until I heard the electric needle gearing up.

I don't think any sound could have horrified me as much as that did. It was like a loud, piercing, grinding noise, and at the end of the source was a needle, a sharp needle. This is when my fear of needles kicked back in, but if I had come this far, why not? So after about 5 minutes of grinding he set to work on my tattoo. It hurt a bit at first, but no more than a scratch would. Endorphines are a god-send, making the pain disappear almost as

fast as it arrived. After a few minutes, I was pretty sure I could sit there for hours having this done with no problems. I forgot about the little needle jabbing into me, and focused on how pretty it would look when done. And, indeed it did look. Walking out of the tattoo place I now had a little butterfly on my back, near the right shoulder. Hidden enough by everyday wear, but visible should I wear a tanktop or halter top. Like my piercing, I could control who saw it, and when and where.

My parents didn't spaz out like some would; they actually seem to support my decisions completely. For my sister's fifteenth birthday, she got her eyebrow pierced, courtesy of my parents. For her sixteenth, she was going to do her navel as well, but decided to think it through more. My brothers dye their hair whatever color they desire, and my parents are totally okay with it. Considering the parents of some people I know, I find it kinda cool to discuss body art with my parents and not endure a lecture. In fact, it seems to encourage them. My step-mom has a tattoo, and my mother sometimes considers a navel ring herself.

A body piercing or tattoo presents you with the opportunity to change yourself in a physical way, but a not totally drastic way. With piercings you can remove them at any time should you decide you have grown tired of it. Tattoos are a little more permanent however, and should be properly thought through and not be a spur of the moment event. Getting someone's name tattooed is not recommended much at all, due to the fact that you never really know how things will turn out, and you'll be left with a constant reminder should this be the case. Though I know, for me, matching tattoos sound fun since it's something only you and your significant other will have. Provided, of course, it's a design both parties agree upon since you will, ultimately, be bearing it for many, many years to come.

## Safe Body Art

by Lysa Pominville  
Staff Writer

When shopping for a piercing or tattoo, it is extremely important to find a place that is clean and safe, especially because of AIDS, HIV, hepatitis and other infections can be transmitted. It is always important to use your instincts; if you do not feel comfortable about the establishment or the artist, walk out. Here are a few facts to help you along with your search.

First thing to do is check around. Do not go to the first artist you find. The artist has to be able to answer your questions in a knowledgeable way, and has to have experience in the procedure that you want done. You can ask how and where he got his training, and also to see his portfolio.

The artist should always use new needles for each person because of health reasons such as the trans-

mission of HIV and hepatitis. The needle used should immediately be disposed in a medical sharps container. All needles should be in individual packages and should be open while you are present. Piercing guns should never be used. For a piercing, you should always be fitted with the right size jewelry, which is safe in material, design and construction. The most common metal to be used is surgical stainless steel.

Every good studio should have 5 separate areas: the counter, waiting room, piercing room(s), bathroom and a sterilization room. The studio should be clean, well lit and they should sterilize their equipment, needles and jewelry with the only acceptable methods; the autoclave (pressure water steam) and chemclave (chemical pressure steam). They must also run a regular spore test, at least monthly, and you can also ask to see the test results. The artist should

always wear latex gloves while working, and wash their hands before putting on the gloves. The equipment used should be sealed in individual sterilized packages and placed on a tray.

All professional studios should provide you with an aftercare sheet on your healing procedure and care. Read it before you have your piercing or tattoo done. Also, the artist should clearly explain the procedures, aftercare and all possible risks before you sign any consent form. Don't sign it unless you agree with everything it says. The consent form is only valid if they explain the procedure and all the possible risks.

You and the artist should not be under the influence of any drugs or have been drinking alcohol. Both of you should be of a clear mind.

Let the artist know if you have any medical conditions or if you are taking any medication.



# ...TATTOOS & PIERCING

## Piercing Aftercare Tips

by Lysa Pomerville  
Staff Writer

Once you have gotten into the chair and taken the plunge, there are some things you should keep in mind: getting a piercing requires aftercare. It is not only about you having the guts to let a stranger (hopefully a professional) pierce a part of your body, it's about taking the time to make sure that prevention of infection and/or tearing do not occur. Here are some tips on aftercare.

It is best to wash your piercing with a mild liquid anti microbial/germicidal soap. Since different brands vary in strength, it may have to be diluted with water if the concentration is too high. A body piercing needs to be cleaned once or twice daily, every day, for the entire healing time. If you only need to clean it once a day, it is best to do so at the end of the day. Do not, however, clean it more than this because you can irritate your piercing, which can delay your healing.

Some professionals also recommend a mild, non-iodized (no iodine) sea salt soak in concordance with the anti microbial/germicidal soap cleaning since it can accelerate healing and may also reduce irritation by stimulating air and blood circulation. To make the solution, you must dissolve 1/4 teaspoon of sea salt into a cup of warm or hot water. Don't make the solution stronger because it can burn your piercing. The soak should last a few minutes. Then rinse with water and dry gently with disposable paper products such as a gauze or tissues. Remember that cloth towels can harbor bacteria, so

keep them away from your healing piercing. It is particularly advisable to do the sea-salt cleaning before your daily cleaning because it can prevent crust from being pulled inside the piercing.

Before cleaning or touching your healing piercing, always wash your hands with liquid antibacterial soap and warm water. Never touch a healing piercing with dirty hands, and leave it alone if you are not cleaning it. Always leave starter jewelry in during the entire minimum initial healing time, and even after the piercing is well healed, leave jewelry in at all times since it can shrink or close in a matter of minutes.

You should, at all times, wear clean, comfortable, breathable fabric clothing in the area of the healing body piercing and also make sure your bedding is clean and changed frequently, especially if you have pets that get in your bed.

Baths are not recommended with a healing piercing, since some bath tubs seem to harbor bacteria. But if you absolutely have to take a bath instead of a shower, make sure to clean the tub before with a bleach product and rinse. When you get out of the tub, do rinse your piercing with running water. Avoid submerging your piercing in water such as pools, lakes and Jacuzzis, but if you do, a precaution is to use a breathable, non water-permeable wound sealant before you go in to protect the dirty water from entering your piercing.

A few products you should not use are ones that contain alcohol and/or peroxide since they are very

strong, and dry out your skin. Also, don't use ointments such as Bacitracin and Neosporin or any triple antibiotic ointment because they can prevent oxygen from reaching the wound. These products can hinder the healing. If you use products like hair spray, lotion and make-up, try to avoid using them in the general area of the piercing.

If you get a genital piercing, sex is not prohibited, but precautions need to be taken. Safer sex is always important, but with a genital piercing always use a condom, but without Nonoxynol 9, and dental dams. Also use a water-based lubricant if you need one. Even if you don't usually use any of these products, it is important to prevent the sharing of bodily fluids on a healing piercing on your genitals.

Taking care of an oral piercing is slightly different. You will need to rinse your mouth with an alcohol-free anti-microbial or antibacterial mouth rinse for about 30-60 seconds or with a sea salt solution, the same one as seen above for about 10-15 seconds. You will need to rinse after every meal during the minimum initial healing time. Do not use more than 4-5 times daily. You will need to avoid all oral contact for at least 2 weeks including French kissing or oral sex, even if you are in a monogamous relationship. You will also need to refrain from alcoholic beverages and eating spicy, salty, acidic, or hot temperature foods or drinks for a few days.

## When Your Tattoo Just Isn't As Cool Anymore

When you got your tattoo, it was just the coolest thing. You showed your friends, you showed people who weren't your friends, and you showed your parents with the hope that they'd be shocked and even maybe appalled with your behavior and decision. But, now you're older. The thrill has gone, and everyone has tattoos. You think it might even look a little tacky, even though it was cool at the time. So what are you to do?

Well there are options. Despite what your parents may tell you about being stuck with it forever, that's actually not the case. We live in a highly technological world, of course there are options! They may not be perfect of course, but at least they're better than nothing.

Your first option is tattoo removal. This is not a process that any professional would recommend doing yourself. Then again, it's not something most students could afford either. The process involves the use of high-tech lasers called Q-switched, though some companies still find themselves using the older CO2 versions. They work by lighting the pigmentation of the tattoo without actually affecting the living cells of your skin. The cost for this process usually is found around a few thousand bucks a pop, and can be more if your tattoo is huge. So it sounds great eh? Sure, if you have a



few thousand bucks laying around to waste. And even then, it doesn't necessarily mean that you're home free. Not all pigments are removable by lasers, so you might get stuck with little patches of colors here and there. Also, there is always the risk of scarring. Though with professionals it is usually minimal, there is always the possibility of it occurring. Because of this, you have to seriously think through getting your tattoo before hopping in the chair. Not only a few years down the road, but many years down the road.

Aside from this, there is only one other option: to get another tattoo. This is called a cover-up technique, where you get another tattoo placed overtop of your current one. Typically the design placed overtop will incorporate your first tattoo into it. For instance, if you have the word 'LOVE' tattooed, if done right it could transformed into a

rose. But if you get a flashy tattoo full of colors and wacky designs, expect extra complications. As well, if it's too big your cover-up can get extremely complicated, as well as expensive. This is why it is important to go to a skilled professional right from the start, otherwise you'll be dishing out twice as much to another professional to get it fixed up.

Processes that will not work include sanding, cutting, or burning the area in which is located your tattoo. Use your brain when it comes to removing your tattoo. If you want it 100% gone, then laser treatment is your best option. However, if you're willing to accept a change for something different, cover-up is definitely a good option. However, keep in mind that if you undergo a cover-up, and then decide to have it removed, it will cost you more in the long run.

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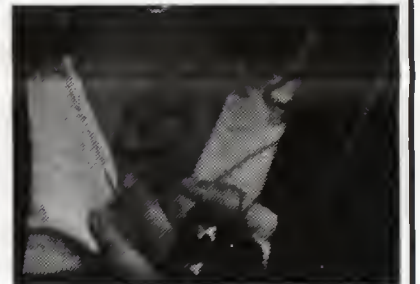
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## BRANDING AND SCARIFICATION: NOT FOR THE WEAK

There is a branch of the tattooing world that is often left unmentioned, mainly due to the fact that it is considered one of the extreme parts of the art form. Where tattooing usually consists of the use of an electric needle, branding involves the use of hot irons. Like in westerns when you see cowboys marking cows with red hot irons with their family/ranch symbol, branding is pretty much the same thing.



The process involves taking a metal shape that is heated until it is red hot, and then is pressed into the flesh of the skin, leaving it with a rather serious burn, and subsequently scarring. It's because of this that the practice is considered rather dangerous, not only from the effects of the branding itself, but the aftercare involved to ensure no possibility of infection. In a full-scale branding, the iron is held long enough that it results in a third-degree burn, leading to the destruction of nerve endings. Because of this, it won't hurt as much as it would for minor burns, but at the same time, the person will never regain sensitivity in that area.

The process originated in tribes in which branding would take place to a child who has entered puberty, marking them as one who is growing. However some tribes also consider scarification to be equivalent to the task for branding.

Scarification is a process where marks are carved into the skin using sharp instruments such as razor blades and scalpels. At this point, ink and/or ash is rubbed into the cut so that it resembles a tattooed line.

White-skinned races cannot produce good representations via this technique because they lack a chemical in their bodies called keloid. It's because of the keloid that the lines come up so clear and vibrant in color. A lack of this would result in duller, more scar-resembling marks.

The pain factor for this process is about the same as tattooing, since after the first cut the endorphines will kick in so that the subsequent ones will be duller and duller, until the pain is barely, if at all, felt. Red wine vinegar being added to the cuts will make them more permanent, as will recutting.

The key thing to remember when doing either of these processes is sterilization. Also, ensure that the branding item does not contain any items to which you may be allergic. By branding them into your skin it can make removal and treatment against it extremely difficult, and it can be lethal in some cases if not treated. Ensure that it is a professional doing the process, and make sure to voice any concerns you may have before the process starts. Considering the severity and permanent nature of this process, you definitely want to make sure you're positive you want to go through with it before that iron is an inch away from your skin.



# Arts & ENTERTAINMENT



## Where Are They Now?

### Kevin

As the one who cares the absolute least about media coverage, Kevin took a somewhat lower profile than his fellow KITH-ers. Appearing in bits parts in a few movies, with the biggest being *The Ladies' Man* (which should tell you something right there), he's also appeared in multiple TV shows, including "Seinfeld", "Friends", "Drew Carey", and "That 70's Show". He's currently relaxing with his girlfriend.

### Scott

Scott has remained mostly in the lower-budget territory (doing films with Henry Thomas, and speaking out against homosexual prejudices), with the exception of appearing on the now-defunct Larry Sanders show. Apart from running [www.scottland.com](http://www.scottland.com), he's also written a book based on his Buddy Cole character, as well as a documentary on Saddam Hussein. He's presently set to appear in a Mr. Show spinoff film.

### Mark

After splitting from his crewmates, Mark re-attached his horse to the SNL wagon, appearing as a cast member for three seasons before appearing as an acclaimed Broadway actor. He's also been the most prolific actor of the bunch, throwing his talents into such films as "The Last Days of Disco", "Dog Park", "The Out of Towners", and "Spice World", as well as no less than three SNL spinoff films: "A Night at the Roxbury", "Superstar", and "The Ladies' Man". He's presently starring as Rex Reilly in Don McKellar's TV series, "Twitch City".

### Dave

Easily the most successful of the group, Dave almost immediately leapt into the immensely popular sitcom *NewsRadio* after KITH's breakup. He basked in the light of mainstream US success for three years, until tragedy struck as Phil "The Lord of Canadian Comedy" Hartman was killed, leaving the show with but one more year to live. Dave then took to appearing and lending his voice to multiple films, including "A Bug's Life", "South Park", as well as the upcoming Brendan Fraser weirdo flick, "MonkeyBone".

### Bruce

Apart from a role in *Dick*, Bruce has remained mostly outside of films, though he did write and direct *Dog Park*, and also took up the director's helm for the horrendous, horrendous SNL flick *Superstar* (for shame, Bruce, for shame), not to mention a few Tragically Hip videos. He's also dipped somewhat into music, creating a 1995 album, "Shame-Based Man", and is presently working on "Drunken Babies" with the Odds. He's since done a cross-Canada theatre show, and is set to direct "Stealing Stanford", a film starring Tom Green, Jason Lee and Owen Wilson.

## The KIDS in the HALL

by Nick Stewart  
Entertainment Editor

Apart from igloos, whale blubber and hockey pucks, one of Canada's greatest and most important contributions to the world has been comedy. First, there was SCTV and its host of Canadians that, for the most part, would go onto bigger, better and funnier careers (except for Joe Flaherty, who remains perpetually unfunny and, apart from stints like *Happy Gilmore*, unemployed). Then there was the Great Canadian Influx of talent into what would at one point become the ultimate in comedy utopias, *Saturday Night Live*, which gave Mike Myers and Phil Hartman their start. And of course, there's also Hollywood Weirdo Jim Carrey, who, despite selling out to *The Man*, still remains one of the most easily recognizable names to emerge from *The Great White North*.

Still, it's impossible to go through the history of North American comedy without mentioning the troupe that paved the way for such acts as Tom Green: *Kids in the Hall*. Made up of Bruce McCulloch, Kevin MacDonald, Mark McKinney, David Foley and Scott Thompson, this group drew more than a few comparisons to the U.K.'s Monty Python, due to their extremely off-the-wall sketches and dedication to just simply being funny instead of attempting to pander to the networks and their censors. Often sending up and skewering middle class normality and Canadian culture with rabid enthusiasm, KITH has long stood as the last great comedic troupe to emerge from any corner of the continent, and as since developed a rabid, cult fanbase. Like all great groups, however, it all had to come to an end, leaving its members scattered across the face of the industry, its memory all but forgotten.

Ironically, its beginnings somewhat resembled its ending, with each of the guys on various ends of the entertainment spectrum, each doing their own thing. It was back in 1983, and Kevin had been attending Humber College in the hopes of developing his acting abilities. As his professors found his talent notably lacking in drama, Shakespeare and musical theater (though suspiciously strong in comedy), Kevin soon found himself ejected from the college. Determined to develop his strongest

suit, he signed up for Toronto's infamous Second City workshops, which had given birth to the aforementioned SCTV, as well as the brilliantly morbid clown duo of Mump & Smoot. It was here that Kevin met fellow workshopper David Foley, and, impressed with his comedic talents, formed the first edition of *Kids in the Hall*.

Meanwhile, out in Calgary, Bruce McCulloch was attending college and trying to figure out what to do with his life. Having failed out of *Business* with a whopping 20% average, he tried his hand at Journalism, where he found himself to be considerably more successful. After having written countless humorous stories, he found himself more and more attracted to comedy, leading him to join Calgary's premier improv troupe, "Loose Moose Theater", where he met fellow would-be comedian Mark McKinney. Feeding off each other's comedic talents, Mark, Bruce, and a few others from the troupe banded together to form "The Audience", a comedic troupe of their own, which would eventually work their way to Toronto in search of success.

Then, one night, while waiting in line at Second City, Mark and Bruce bumped into Dave and Kevin, and, the rest, as they say, is history. Abandoning their former troupe-mates, Mark and Bruce joined *Kids in the Hall*, which would then spend two years — during which Scott Thompson joined the group — performing at a Torontonians music club called the Rivoli. After their "Best Of" revue sold out multiple times, they moved their antics to a slightly larger venue: a small theater called the Tarragon. Their success in this new location drew attention from *Saturday Night Live* scouts, which would temporarily break up the group, as Mark and Bruce took to writing for SNL, while Scott and Kevin joined Second City, and Dave filmed a movie.

It wasn't long before Mark and Bruce were able to hammer out a

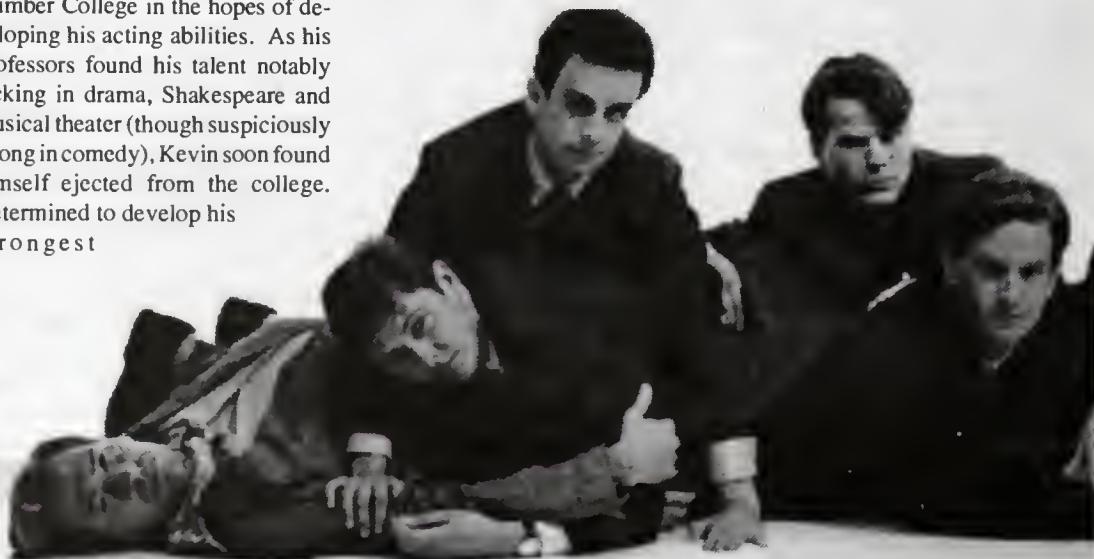
deal with SNL guru and fellow Canadian Lorne Michaels to have their own show on HBO, called — what else — "Kids in the Hall". In 1989, the Kids kicked off what would eventually become a cult series, featuring such classics as the Chicken Lady, the Head Crusher, Simon & Hecubus, and much, much more. The series transferred over to the more censor-happy and demure CBS in 1992, and continued until 1995. Shortly thereafter, the boys made *Brain Candy*, which performed poorly in theaters, but lived a very healthy cult life on video. With other pursuits to follow, they went about their separate ways.

### Final Word

The question on fans' minds has always been, "Will KITH ever get back together?" The answer is most probably a resounding no, as the group was almost always on the verge of breakup, constantly backstabbing one another and arguing to no end. They each have their own things to do, their own career paths to pursue, what with Dave, Bruce and Mark each doing really rather well for themselves.

Still, it should be noted that they got back together for a very short while in early 2000, just to do a North American KITH tour, called "Same Guys, New Dresses". Not only did they perform to sold-out audiences in each and every leg of their tour, they even had to add additional shows to their Toronto, New York and L.A. due to the outrageous ticket demand. While none of them are really pressing for it, there have been mentions, murmurs and backroom whispers that a second movie might be in the works for the group.

Until then, it's re-runs of *Simon & Hecubus* and *Mr. Cabbage Head* for us...which, compared to the rest of what TV-Land has to offer, is still comic EEEVVIL! —errr, comic gold.



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## All Hail Stephanie

Hugh Panelas  
Staff Writer

Who would have ever thought that she had it in her? A few years ago we all thought that Stephanie McMahon was nothing more than the boss' daughter. She was much too dainty to ever get in the ring and play the typical role of a McMahon. I think it has become clear that anyone who thought this way, including myself, was incredibly wrong.

Eversince being placed along side wrestling's god HHH, Stephanie has been transformed into one of the top leading ladies in pro wrestling. Look at this past weekend. It all gets nasty at the Royal Rumble when Stef and Trish go head to head in, dare I say it, a catfight. This leads to the tag match on RAW and I must say wow! Not only is she incredibly hot, but she can kick ass too. Hats off to you Stef, you've come a long way.

Speaking of the Royal Rumble, I have to admit that there were a few surprises. I was shocked to see Haku a.k.a. Meng return to the WWF. After searching and speaking to many of my sources I have dug up the following. It seems that WCW has a few more major problems. Some of their top superstars are wrestling on day-to-day contracts. Once Vince heard of this he quickly contacted a few of them and so far Haku was the only taker. Look for him to be the replacement for Yokozuna; he passed away earlier this year just before he was to return. Haku will obviously be placed along side of Rikishi and after RAW this past Monday, it looks like they're going to be feuding with the Undertaker and Kane. I want to see Kane ride a bike to the ring, which would be damn funny.

WCW also has the problem of once their sale is complete, they have to figure out what to do with Kevin Nash, Goldberg, Dallas Page, Lex Luger, Buff Bagwell and Hulk Hogan. All of these wrestlers have the "no



transfer clause" in their contracts. This means that once the sale is final all of their contracts are up. It will be interesting to see who stays and who goes.

Back to the Rumble. I wasn't surprised to see Honky or Show in the Rumble. Honky always seems to make an appearance at around this time. What I was surprised to see was the fact that the Big Show hasn't really lost any weight. Sure he has gained some muscle in his upper body but what's he going to do about that gut. Time to hit the treadmill big guy or you're going to be in Ohio for the rest of your career.

Why is it that Kurt Angle is allowed to wear the WWF title still? Why does that stupid redneck, bionic boy have to interfere in the match? Although I can't get to mad at Austin, he did put the Rock's punk ass out of the Rumble. I am beginning to get sick of Kurt. The guy is a great technical wrestler and is great on the mic, but give the damn title to HHH so we can have one hell of a main event at Wrestle Mania.

Here's one that I'm sure all wrestling fans will love to hear. Shawn Michaels will be returning later on this year. I know we have all heard this a thousand times, but this time it is legit. Michaels has recently signed a deal which allows him to only perform at Pay-Per-Views. Maybe he'll be going for the gold at

Wrestle Mania instead. However, rumor has it that a HHH vs. Michaels may be in the works. It wouldn't be for the title or anything, just a match that fans have been dreaming of.

I finally got the scoop on why Low Down has been punked out to Tiger Ali Singh. It seems that D'Lo and Chaz finished taping a spot one night and they went home early. Well the writers re-wrote the storylines for that night and they were supposed to wrestle. Since they weren't there the writers had to make some last minute changes. On top of this D'Lo stated that he wanted to go to WCW when his contract was up, too bad he forgot that he had one more year remaining on his WWF contract and now he's stuck in the gimmick he's in. I guess it isn't too bad though; he gets to wear those Iron Sheik/Sgt. Slaughter boots.

There will be no top-ten list this week, as I could not think of one. Instead I'm going to tell you all about a rather interesting website. I have finally found a website that produces replica WWF championship belts. This company has been granted the rights to do so. For the low price of \$200 US you can purchase a replica of any WWF title belt. I love this; I know that I am saving my money. Maybe next time you see me in the DJ booth or at the front door, I will be wearing the WWF title around my waist..

## \* Poetry Corner \*

by Matt Kent  
Contributor

Greetings fellow poetry lovers, and to those of you who don't like poetry. It's been a crazy few weeks since the last column, and a whole lot has happened. My girlfriend and I have reached a new point in our relationship, and I finally finished my first compilation of poetry. This poem is really weird, I was in a funky mood when I wrote it. Believe it or not I wrote it on a Monday! But like I said before, don't try to analyze it. You won't like what you'll find.

### The Betrayal

How novel, how quaint.  
Sat here to learn, yet nothing is said.  
Of all things done and said, why now do they seek to break me?  
What have I done?  
I did nothing short of suicide to save her and yet  
I am the one to be punished.  
I cry out to the wise one to rescue me.  
To save me from the ruin that was set upon me by my comrades.  
...my cries go unanswered.....

Well that's pretty much it. I would also like to remind you, that I accept poetry from anyone who's willing to submit. You don't have to have your name published, you can go anonymous if you really want. Just send the stuff to [Lambdapub@hotmail.com](mailto:Lambdapub@hotmail.com) or me at [Smoking@your-house.com](mailto:Smoking@your-house.com). Either way it's gonna come to me. I won't reject anything, just remember that I can only publish one or two poems per issue. Keep the pens movin' and the crazy thoughts groovin'.

## What Do Brad Pitt and Cameron Diaz Have in Common?

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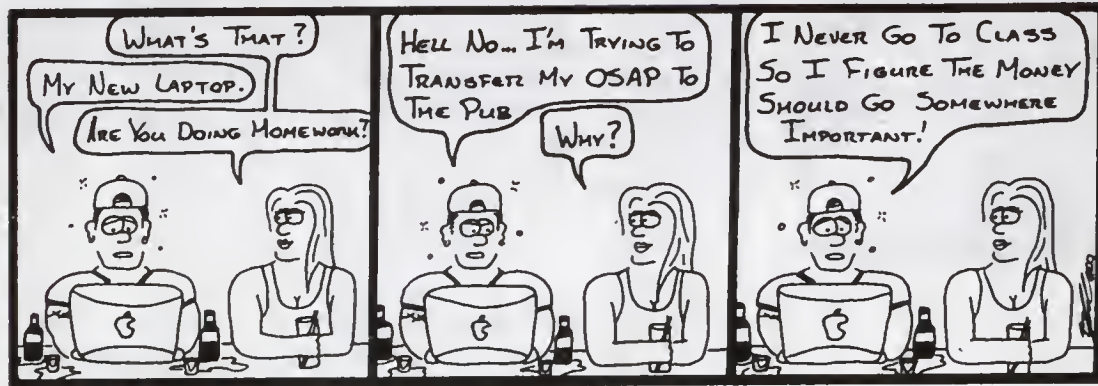


# COMICS



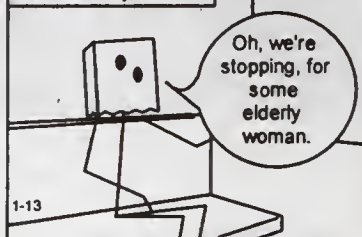
## DOWNUNDER

BY MAT THOMPSON

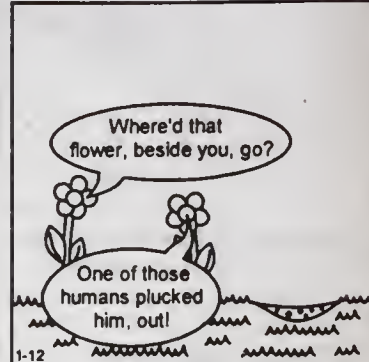


## ECONOMY MAN

So, here, we are; Economy Man is on a bus, for downtown VarCity, so that he can rendez-vous with Cardboard Cutout Lizard, who relentlessly continues to knock the city to bits.

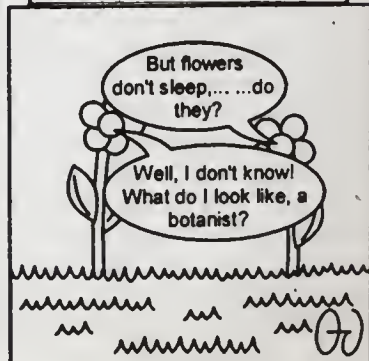
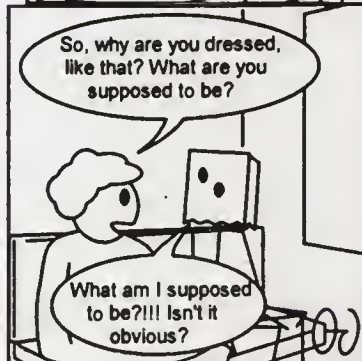
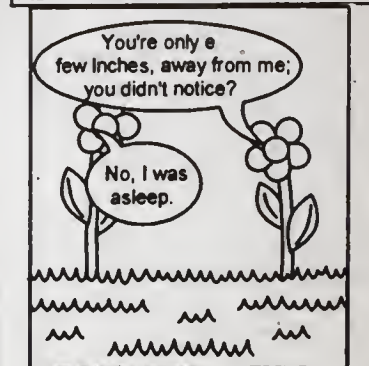
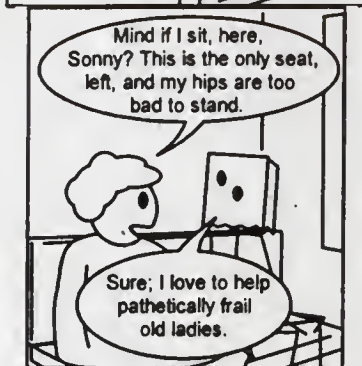


## FIELD



BY JESSE SLEIK

## A POEM ... (with apologies to all those i've ripped off)



by Gabriel Noël

by Gabriel Noël

## The Adventures of Psycho the Dog by Sabrina "Taz" Sandrin



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